



The Courage to Lead Conference Agenda

Sunday, February 2 & Monday, February 3, 2020

Updated 1/20/20

Sunday, February 2, 2020

8:00 a.m. – 4:30 p.m. Conference Registration in Lobby

Asterisk (*) sessions are specific to coaches/administrators

10:00 a.m. – 11:00 a.m.

1st Round of Workshops

A	Closing the Gap – The Courage to be Great	Ms. Tia Brandel Wilhelm
B	Fueling Your Performance; Winning Nutrition Strategies to Make the Most of your Training	Ms. Melissa Gerharter
C	Discover Your True Self & Improve Relationships with Your Teammates	Ms. Nikki Norris & Ms. Stacy Smith
D	EmpowerHer: A Workshop for Female Student-Athletes	Ms. Jill Kochanek & Ms. Meredith Wekesser
E	Next Level Leadership for All – Valuing Diversity	Dr. Ramona Cox
F	Aim High	Dr. Christine Nefcy
Aurora	*Coaching Females: Sending the Right Message	Ms. Laurie Glass
Reo	*Athlete Empowerment: Building Up the Athlete Voice	Ms. Kylee Ault & Dr. Karl Erickson
Cord	*Facilitating Social & Emotional Skill Building with Athletes	Dr. Dan Gould, Ms. Alysha Matthews & Ms. Lauren Secaras

11:00 a.m. – 11:15 a.m.

Break

11:15 a.m. – 12:15 p.m.

2nd Round of Workshops

A	Closing the Gap – The Courage to be Great	Ms. Tia Brandel Wilhelm
B	Fueling Your Performance; Winning Nutrition Strategies to Make the Most of your Training	Ms. Melissa Gerharter
C	Discover Your True Self & Improve Relationships with Your Teammates	Ms. Nikki Norris & Ms. Stacy Smith
D	EmpowerHer: A Workshop for Female Student-Athletes	Ms. Jill Kochanek & Ms. Meredith Wekesser
E	Next Level Leadership for All – Valuing Diversity	Dr. Ramona Cox
F	Aim High	Dr. Christine Nefcy
Aurora	*Coaching Females: Sending the Right Message	Ms. Laurie Glass
Reo	*Athlete Empowerment: Building Up the Athlete Voice	Ms. Kylee Ault & Dr. Karl Erickson
Cord	*Facilitating Social & Emotional Skill Building with Athletes	Dr. Dan Gould, Ms. Alysha Matthews & Ms. Lauren Secaras

12:15 p.m. – 1:15 p.m.

Royale Lobby

Lunch On Own

1:15 p.m. – 2 p.m. (Ballroom)

1st General Session

The Courage to Lead

Ms. Lindsay Tarpley

2:15 p.m. – 3:15 p.m.

3rd Round of Workshops

A	How to Set Meaningful Goals for Ourselves & the Team	Ms. Lauren Snider Thompson
B	Valuing Yourself as a Female Athlete	Ms. Laurie Glass
C	Social Media – Advantages & Pitfalls	Ms. Julia Hatcher, Ms. Bella Legarza & Ms. Meredith Norris
D	What Winners Think, What Champions Do	Ms. Becky Schmidt
E	How to Stay Connected with Your Sport	Ms. Amanda Chapman, Ms. Delonda Little, Ms. Nicole Randolph & Mr. Brent Rice
F	Mindful Living for Mindful Leadership	Ms. Kristen Brogan
Aurora	*Social Media: Your Use, Your Athletes' Use	Ms. Andi Osters
Reo:	*EmpowerHer*: Coaching to Create Empowering Sport Experiences for Female Student-Athletes	Ms. Jill Kochanek & Ms. Meredith Wekesser
Cord:	*Engaging Sport Parents	Dr. Jenny Nalepa-Roth & Ms. Emily Wright

3:15p.m. – 3:30 p.m.

Break

3:30 p.m. – 4:30 p.m.**4th Round of Workshops**

- A How to Set Meaningful Goals for Ourselves & the Team
- B Valuing Yourself as a Female Athlete
- C Social Media – Advantages & Pitfalls

Ms. Lauren Snider Thompson
 Ms. Laurie Glass
 Ms. Julia Hatcher, Ms. Bella Legarza &
 Ms. Meredith Norris

- D What Winners Think, What Champions Do
- E How to Stay Connected with Your Sport

Ms. Becky Schmidt
 Ms. Amanda Chapman, Ms. Delonda Little,
 Ms. Nicole Randolph & Mr. Brent Rice

- F Mindful Living for Mindful Leadership

Ms. Kristen Brogan

Aurora *Social Media: Your Use, Your Athletes' Use

Ms. Andi Osters

Reo: *EmpowerHer*: Coaching to Create Empowering Sport Experiences for Female Student-Athletes

Ms. Jill Kochanek & Ms. Meredith Wekesser

Cord: *Engaging Sport Parents

Dr. Jenny Nalepa-Roth & Ms. Emily Wright

4:30 p.m. – 5:45 p.m.**Break/Hotel Check-In/Banquet Prep****6:00 p.m. – 7:30 p.m. (Ballroom) Banquet – 2nd General Session**

Healthy Mind-Healthy Body-Healthy Outlook

Ms. Cathy George

WISL Winner Recognition**8:00 p.m. – 9:00 p.m.****5th Round of Workshops**

- Pool Aqua Aerobics
- Aurora Yoga
- Atrium Indoor Recess
- Cord Self Defense
- Reo Dance Fitness
- D, E & F Dance Aerobics

Ms. Mary Kay Gavitt & Ms. Meredith Wekesser
 Ms. Alysha Matthews
 Ms. Kylee Ault
 Ms. Cynthia Rogers
 Ms. Paula McAllister
 Ms. Lauren Secaras

9:15 p.m. – 10:15 p.m.**6th Round of Workshops**

- Pool Aqua Aerobics
- Aurora Yoga
- Atrium Indoor Recess
- Cord Self Defense
- Reo Dance Fitness
- D, E & F Dance Aerobics

Ms. Mary Kay Gavitt & Ms. Meredith Wekesser
 Ms. Alysha Matthews
 Ms. Kylee Ault
 Ms. Cynthia Rogers
 Ms. Paula McAllister
 Ms. Lauren Secaras

Monday, February 3, 2020**7:30 a.m. – 11:00 a.m. Conference Registration in Lobby****8:00 a.m. – 9:30 a.m. (Ballroom) Breakfast – 3rd General Session**

Mission of the Michigan Task Force on Women in Sports

Michigan Secretary of State Jocelyn Benson

9:30 a.m. – 10:00 a.m.**Break & Check Out****10:00 a.m. – 11:00 a.m.****7th Round of Workshops**

- A Injury Prevention in the Female Athlete
- B Women in Sports Broadcasting
- C Connect. Set Standards. Grow Daily. Serve Others
- D Changing the Mentality of Everyone Involved in Your Program
- E Social-Emotional Skill Building
- F Championship Team Culture
- Aurora *Program Benefits from Multi-Sport Participation
- Cord *Using Sport as a Social and Global Connector and Educational Tool
- Reo *Michigan Task Force on Women in Sports Informational Sessions

Dr. Brooke Pedersen and Ms. Mary Thiel
 Ms. Jeanna Trotman
 Ms. Theresa Beeckman
 Ms. Sue Guevara
 Ms. Nicole Carter & Novi Students
 Dr. Amber Warners
 Mr. Cody Inglis and Ms. Meg Seng
 Ms. Jeanne Hess
 Michigan Task Force Members

11:00 a.m. – 11:15 a.m.**Break & Check Out****11:15 a.m. – 12:15 p.m.****8th Round of Workshops**

- A Injury Prevention in the Female Athlete
- B Women in Sports Broadcasting
- C Connect. Set Standards. Grow Daily. Serve Others
- D Changing the Mentality of Everyone Involved in Your Program
- E Social-Emotional Skill Building
- F Championship Team Culture
- Aurora *Program Benefits from Multi-Sport Participation
- Cord *Using Sport as a Social and Global Connector and Educational Tool
- Reo *Nutrition for Health and Athletic Performance

Dr. Brooke Pedersen and Ms. Mary Thiel
 Ms. Jeanna Trotman
 Ms. Theresa Beeckman
 Ms. Sue Guevara
 Ms. Nicole Carter & Novi Students
 Dr. Amber Warners
 Mr. Cody Inglis and Ms. Meg Seng
 Ms. Jeanne Hess
 Ms. Emily Werner